

7/8 F.L.A.S.H.



a curriculum in FAMILY LIFE AND SEXUAL HEALTH for grades 7 and 8

7/8 F.L.A.S.H.

Written by **Elizabeth “Beth” Reis, MS**

Illustrations by Powers, Stenson, Espinoza

Copyright © 1986, 1988, 2002, 2005, 2006

HIV/AIDS lessons written in 2002

By **Robyn Achilles, MPH; Andrea Gerber, MEd;
Susie McIntyre, MLS; Beth Reis, MS; Becky Reitzes, MA;
Amy Shumann, MSW; Kathy Silverman, BA; & Beverly Sims, BA**

Birth Control lesson revised in 2005 and 2006

By **Anya Nartker & Brett Niessen, MPH candidates
& Beth Reis, MS**

With illustrations by **Molly MacGregor**

Sexual Health & Hygiene lesson revised in 2006

By **Beth Reis, MS**

Sexually Transmitted Disease lessons revised in 2006 and 2007

By **Brett Niessen, MPH candidate, Stephanie Ballasiotes, MC,
Heather Hutchins, MSW, MPH & Beth Reis, MS**

F.L.A.S.H. is the product of many people's efforts. The 2005-7 updates and revisions, at all grade levels, including all the appendices, reflect the creativity, work and commitment of:

Stephanie Ballasiotes, MC

Jeff Boudreau, BA

Charissa Fotinos, MD

Andrea Gerber, MEd

Matthew Golden, MD, MPH

Vivien Hanson, MD

Heather Hutchins, MSW, MPH

Jeff Ing, BA

Kari Kesler, MA

Nicole Lassiter, ARNP, CNM

Shari Levine, MA

Robert Marks, MEd

Cam McIntyre, MD

Tara Melinkovich, MPH

candidate

Anya Nartker, MPH

candidate

Brett Niessen, MPH

candidate

Deb Oyer, MD

Maia Piccagli, MPH

candidate

Irene Peters, PhD

Beth Reis, MS

Becky Reitzes, MA

Lois Schipper, BSN, MPH

Beverly Sims, BA

Kathleen Stine, ARNP

Laurel Stitzhal, MA

Kaden Sullivan, BFA

Celia Thomas, BA

Lois Werelus, MSW

Bob Wood, MD

4/5/6 F.L.A.S.H.

Written by Elizabeth "Beth" Reis, MS

Illustrations by Powers, Stenson, Espinoza

Copyright © 1985, 1988, and 2005

The County of King, by and for

Public Health - Seattle & King County, Family Planning Program

HIV/AIDS lessons written in 1988

By Pamela Hillard, MPA

HIV/AIDS lessons medically updated in 2005

By Andrea Gerber, MEd & Beth Reis, MS

Copyright © 1988, 2005

Seattle School District No. 1 and The County of King, by and for

Public Health - Seattle & King County, Family Planning Program

9/10 F.L.A.S.H.

Written by Elizabeth "Beth" Reis, MS

Copyright © 1988, 1989, 2005, 2006

Unplanned Pregnancy and Contraception lessons revised in 2005

Abstinence and Emergency Contraception lessons written in 2005

By Anya Nartker, MPH candidate with illustrations by Molly MacGregor

Sexually Transmitted Disease lessons revised in 2006 & 2007

By Brett Niessen, MPH candidate, Stephanie Ballasiotes, MC,

Heather Hutchins, MSW, MPH & Beth Reis, MS

HIV/AIDS lessons revised in 2006

By Maia Piccagli, MPH candidate

Sexual Exploitation Lessons revised in 2006

By Beth Reis, MS; Becky Reitzes, MA and Lois Werelus, MSW

Special Education: Secondary F.L.A.S.H.

Written by Jane Stangle, MEd

(Adapted from 5/6, 7/8 and 9/10 *F.L.A.S.H.*)

Illustrations by Powers, Stenson, Espinoza

Copyright © 1991, 2005, 2006

Birth Control lesson revised in 2005 & 2006

By Anya Nartker, MPH candidate, Beth Reis, MS, & Brett Niessen, MPH candidate

Sexually Transmitted Disease lessons revised in 2006

By Brett Niessen, MPH candidate

HIV/AIDS lesson revised in 2006

By Maia Piccagli, MPH candidate

Appendix I: Unplanned Pregnancy written in 2007

By Tara Melinkovich, MPH candidate

11/12 F.L.A.S.H.

Written by Elizabeth "Beth" Reis, MS

Copyright © 1992, 2005, 2006

Unplanned Pregnancy/Options and Contraception lessons revised in 2005

By Anya Nartker, MPH candidate

HIV/AIDS lessons revised in 2006

By Maia Piccagli, MPH candidate

Medical Review

Physicians who have graciously contributed to the editing of various grade levels and topic areas of the *F.L.A.S.H.* curricula from the first publishing in 1985 to the present have included:

Robert Bidwell, MD, then a fellow in Adolescent Medicine, University of Washington and Commissioner, Seattle Commission on Children and Youth; currently Director of Adolescent Medicine at Kapiolani Medical Center for Women and Children, Associate Professor of Pediatrics, John A. Burns School of Medicine, University of Hawaii *

Charissa Fotinos, MD, Medical Director, Community Health Services Division, Public Health - Seattle & King County, Faculty, University of Washington *

Matthew Golden, MD, MPH, Medical Director, Sexually Transmitted Disease Clinic, Public Health - Seattle & King County, and Assistant Professor of Medicine, Center for AIDS and STD / Allergy and Infectious Diseases, University of Washington, Seattle *

H. Hunter Handsfield, MD, then Director, STD Control Program, Public Health - Seattle & King County and Professor of Medicine at the Center of AIDS and STD, University of Washington; currently Senior Research Leader at Battelle Research and Clinical Professor at the University of Washington *

Vivien Hanson, MD, then Medical Director, Family Planning Program, Public Health - Seattle & King County and Clinical Professor, Department of Epidemiology, University of Washington School of Medicine *

Deb Oyer, MD, Medical Director, Aurora Medical Services, Assistant Clinical Professor at the University of Washington, and consultant to Public Health - Seattle & King County *

James Stout, MD, MPH, Odessa Brown Children's Clinic Physician, Co-founder National Initiative on Child Health Quality, and Associate Professor of Pediatrics, University of Washington, Children's Hospital & Regional Medical Center *

Bob Wood, MD, AIDS Control Program Director, Public Health - Seattle & King County, and Associate Professor of Medicine & Health Services, University of Washington *

* Affiliations for identification only

Acknowledgements

A number of individuals and organizations kindly gave permission to adapt or quote parts of their work in some grade levels of **F.L.A.S.H.**. These include: Current-Rutledge Audiovisual Production, producer of the video ***AIDS Wise, No Lies*** and producer of Ann Downer's accompanying teaching guide; Network Publications, the publishers of the now-defunct, seminal journal ***Family Life Educator***; Pierce County Rape Relief, publishers of Rosemary Russell's ***About the Sexual Assault of Males***; Planned Parenthood of Western Washington and Barbara McGuire, co-author of ***The Talk-To-Me Books***; Py Bateman and Bill Mahoney and their publisher, Alternatives to Fear, for ***Macho: Is That What I Really Want***.

Editing, piloting, and crucial professional, administrative and clerical support for various levels of **F.L.A.S.H.** has also been provided over the years by:

Caren Adams	Clover Gowing	Lynne Miller	Ben Snowden
Sara Ainsworth	Miriam Gray	Karen Monastersky	Donna Spriggs
Py Bateman	Janine Green	Geoff Morgan	Kathleen Stine, ARNP
June Beleford	Sandy Griego	Lenore Morrey	Sally Silver Stratton
Gene Bellan	Terry Hahn	Sara Moser	Tess Sweeney
Jeryn Beringsmith	Vonnis Hamel	Milly Mullarky	Sharon Tambellini
Sherry Bloomer	Rae Hanashiro	Bill Neal	Dorothy Teeter
Jean Borth	Margaret Hansen	Dorle Nelson	Becky Thibodeaux
Peter Browning	Bonnie Harding	Ray M. "Bud" Nicola, MD	Sarah Thomas
Sylvia Bryant	Karen Hartfield	Laura Pagel Olin	Jack Thompson
Nancy Bush	Judy Hill	Corine Olson	Pam Tollefsen
Gladys Button	Pamela Hillard	Norman Ose	Dani Wong Tomiyasu
Nadine Byers	Sally Hooper	Mary Paradise	Bud Turner
Anke Capelle	Kelly Riggle Hower	Karen Paulson	Jan Waggoner
Frank Chaffee	Alice Houston, PhD	Mary Pavek	Billie Wallace
John Cheh	Alice Hurley	Michelle Pennylegion	Helen Walsh
Sandy Ciske	Ellen Jeffcott	Rebecca Perbix	Rev. Bob Ward
Linda Coleman	Pat Jewell	Irene Peters, PhD	Toni Weschler
Bob Collins	Nova Jones	Ellen Phillips-Angeles	Nancy Welton
Carla Collison	Nancy Kain	Frank Plouf	Jeri White
Maureen Considine, ARNP	Karli Kaiser	Alonzo Plough, PhD	Kathi Whittaker
Elaine Cummins	Margo Kearney	Ed Putnam	Ed Williams
Doug Danner	William Kendrick, PhD	Janet Ralston	Kathy Williams
Cindy Davis	Celia Keroff	Bill Rasplia	Paul Witt
Anne Dennis	Elizabeth "Rae" Larson	Melinda Read	Maria Wood
Gordon Dickman	Deanne Larsell	Maureen Reid	Meredith Zeltner
Mike Dowd	John Leonard	Karlista Rickerson, ARNP	And Chloe, Elena & Stacy
Ann Downer	Cindy Linstad	Robbie Rigby	And other students and teachers in Bellevue, Federal Way, Montesano, Seattle, Tahoma, and Vashon Island, Washington and Portland and Vernonia, Oregon School Districts and at Bellarmine Preparatory School of Tacoma
Deeney Dudley	Carolyn "Libbey" Livingston	Debbie Robertson	
Carol Dunphy	Jan Loreen-Martin	Barbara Roundy	
Curt Firestone	Linda Lou	Pastor Phil Rue	
Denise Fitch	David Lurie	Elaine Ruppert	
Rev. Bob "Fitz" Fitzgerald	Roxanne Hood Lyons	Ann Ryder	
Tony Fore	Robert Marks	Julie Sarkissian	
Mary Lila Gary	Ronnie Martin	Sara Savage	
Heidi Geise	Susie Martin	Nancy Schub	
Helen Glad	Mike Maryanski	Tony Silvestrin	
Jim Glick	Cam McIntyre, MD	Nancy Skinner	
Connie Gold	Judith McKoy, PhD	Kathleen Smith	
	Carole Miller	Loren Smith	

Contact Us

To preview the **FLASH** curriculum online:

www.kingcounty.gov/health/flash/

FLASH lessons can be downloaded for free.

To order professionally-printed hard copies of **FLASH**:

Go to www.kingcounty.gov/health/flash and click on “Download the order form ...”

Hard copies are produced with labeled dividers, in 3-ring binders.

Questions about ordering:

206-296-4902

1-800-325-6165 ext 64902

Email: ron.smart@kingcounty.gov

Questions about the curriculum:

206-263-8297

1-800-325-6165 ext 38297

Email: beth.reis@kingcounty.gov

206-477-0028

1-800-325-6165 ext 70028

Email: kari.kesler@kingcounty.gov

Training information:

Inside King County, WA: 206-263-8297, beth.reis@kingcounty.gov

Outside King County, WA: 206-447-9538, roberta@cardeaservices.org

Updates

Keep your **FLASH** binder current by subscribing to be notified of changes.

Go to www.kingcounty.gov/health/flash and click on the box that says, “Get FLASH email updates” in the upper right-hand corner of the screen.

Funding

Funding of the curriculum was primarily provided by Public Health – Seattle & King County.

Funding for various aspects of the curriculum has been provided over the years by: Washington State Department of Social and Health Services, Division of Health United States Centers for Disease Control & Prevention Project #U63/CCU 302 804-04 United States Health & Human Services PHS Grant #10 h 900004. **Current funding is provided in part by US Department of Health and Human Services Grant # 2 FPHPA 100029.**

Funding for translation of the **High School FLASH** Family Homework was provided by: Center for Health Training with funding from Mathematica Policy Research, Inc. under contract to the U.S. Department of Health and Human Services (DHHS), Administration for Children and Families (ACF), Family and Youth Services Bureau, with the support of the DHHS ACF Office of Planning, Research, and Evaluation.

Table of Contents

Overview of 7/8 FLASH	p. 1
Introduction	p. 4
Special Preparation	p. 5-7
Knowing state and local guidelines	
Planning a sexuality unit	
Preparing yourself & your administrator	
Preparing your students' parents and guardians	
Preparing your materials	
How to Use FLASH	p. 8-9
Using worksheets, speakers, anonymous question boxes	
Values Questions & Protocol	p. 10-13
Lesson Plans	
1. Unit Introduction	12 pages
2. Puberty	14 pages
3. Sexual Health & Hygiene	16 pages
4 & 5. Sexually Transmitted Diseases	26 pages
6 & 7. Reproductive System	20 pages
8 & 9. Pregnancy	25 pages
10 & 11. Decision-Making & Teen Parenthood	17 pages
12 & 13. Touch & Abstinence	13 pages
14. Birth Control	17 pages
15. Resource People	12 pages
16 – 20. Communication	69 pages
Assertiveness	
Asking Honestly for What You Want	
Taking “No” for an Answer	
Saying “No”	
Defending Your Rights	
21 – 24. HIV/AIDS	79 pages
Appendices	
A. Sample Introduction Letters & Waiver Forms	4 pages
B. Homework Letter & Confirmation Slip	1 page
C. Washington State Laws & Guidelines	9 pages
D. Sexual Abuse: Recognizing & Reporting	2 pages
E. Speakers, Panels, Field Trips	2 pages
F. Resources	1 page
G. Teachers' Glossary - check the web site winter 2007	
H. F.L.A.S.H. Overview, grades 5-12 & Special Ed	2 pages